

# Growing Healthy Families

BURLINGTON DISTRICT OFFICE • Vermont Department of Health, WIC Program  
108 Cherry Street, Suite 102, Burlington, VT 05401 • 1-802-863-7323 or 1-888-253-8803

## WIC2Five

Your kids have you and you have WIC! WIC2Five is a new text messaging service to help your family grow healthy, happy and smart with weekly tips specific to your child's age and stage of development. You'll get health and nutrition information, community events announcements and more! Sign up at your local WIC office, on our Facebook page, or on our website.

<http://healthvermont.gov/wic> or

<http://healthvermont.gov/local/district/Burlington.aspx>



WIC2Five

## City Market classes

City Market/Onion River Coop  
82 South Winooski Avenue  
Burlington

Did you know that WIC participants can take many of City Market's cooking classes for free?

To find out about their class offerings or to register, call City Market at 861-9756, or visit [www.citymarket.coop](http://www.citymarket.coop) and enter the promo code "healthykids" to register online.

All activities are FREE  
of charge!

## WIC baby behavior and breastfeeding workshops

**Tuesdays**

**September 15 and November 17**  
**5:30–6:30 p.m.**

**VNA Family Room**  
**20 Allen Street**  
**Burlington**

Babies are born with the ability to communicate their needs — we just have to learn their body language and recognize their cues. You're invited to a fun and free workshop all about understanding baby behavior and getting ready for breastfeeding! Come learn more about how babies communicate, how breastfeeding works and best practices for a successful start. Partners and other family support welcome. You'll leave our group feeling prepared, supported, and ready for baby!

Contact Jess at 373-7074 or e-mail [Jessica.Laclair@Vermont.gov](mailto:Jessica.Laclair@Vermont.gov) to register.

## WIC update

The Burlington WIC office has changed our scheduling system! In January, we began same-day scheduling of WIC appointments, instead of our former system of scheduling appointments 6 months in advance. If you are due for a WIC appointment soon, you can expect to get a letter from WIC the month before you are due reminding you to call us to schedule your appointment. You can call us the morning of the day you'd like to be seen, Tuesday through Friday, and we'll schedule your appointment for that day.

Questions? Give us a call at 863-7323!

# FIT WIC FUN AND GAMES PAGE

Rhythm and movement come naturally to most children. When you combine some movement activities to music children have a chance to feel good about moving their bodies.

Kids love to wave things in the air. Your kids can have fun with a wavy wand that they make from items you have around the house. Here's an activity you can do with your child.

## Wavy Wands

**Equipment:** CD of active children's music and CD player. One wavy wand for each child and adult.

**To make a wavy wand:** securely tie several 4 foot lengths of multi-colored ribbon to wooden cooking spoons, one foot rulers, paint stirrers or paper towel tubes.

**Procedure:** Before moving their wands in a pattern to music, let your child experiment with just moving them for a few minutes. Slowly teach the movements below without music. Give them plenty of time to practice! Next, have your child try moving their wands to music with you guiding them in the movements. *The Wheels on the Bus*, *She'll be Comin' Round the Mountain*, or *The Ants Go Marching* make good tunes to do this kind of activity to.

- wipers
- fishing
- snakes
- circles
- zigzag down
- flags
- floor sweeps

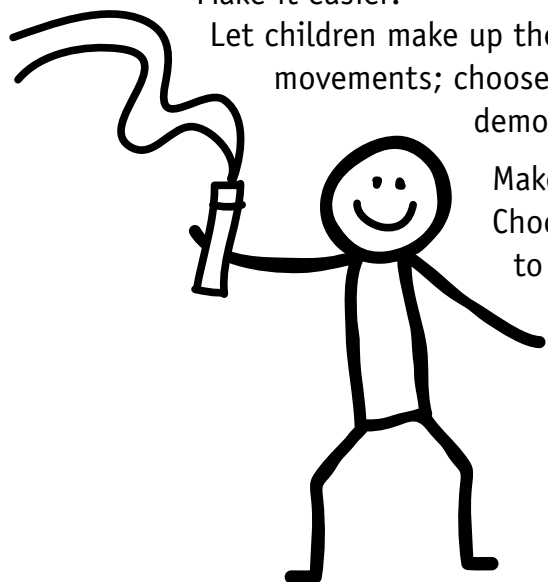
## Adjusting to your child's skill level:

Make it easier:

Let children make up their own sequences of movements; choose shorter songs and demonstrate fewer movements

Make it harder:

Choose longer songs and try to do a series of movements over and over



circles



zig zags



figure 8's



waves

